

## THE PRAYER LIST

### Matthew 6:9-13

People are often embarrassed to ask, “What is a good prayer?” or “What should I say when I pray?” Yet these are the questions of many. If you’re uncertain of what or how to pray or have questions about praying, you’re in good company. The disciples asked the same questions. And Jesus gave them a model.

**Monday: Read Luke 11:1-4.**

How can prayer help you to be more honest, more intimate, or more real in your relationship with God?

**Tuesday: Read Matthew 6:9-10.**

In your own words, what are we praying for when we pray, “Thy will be done”?

**Wednesday: Read Matthew 6:11.**

How have you experienced God’s presence in your life, providing what you have needed?

**Thursday: Read Matthew 6:12.**

Where do you need to experience forgiveness in your life?  
Where do you need to offer forgiveness?

**Friday: Read Matthew 6:13.**

How can prayer help to show you God’s desires or reveal God’s direction for your life?

**Saturday: Read Luke 11:9-13.**

Why do you think Jesus encourages followers to be persistent in their prayer life?

Have you ever thought of the Lord’s Prayer as a list? Many of us pray the Lord’s Prayer with some amount of regularity, or even if we don’t, it is the one prayer most of us have memorized. But we often say the words without thinking much about them. In the Gospel of Matthew, Jesus lists a number of ways not to pray, to avoid being like hypocrites. Then he says to His followers, “When you pray, do it like this.” What follows is a list of elements for prayer. Jesus may have been providing words for His followers to use. More likely, Jesus was providing a list of elements of a prayer that has impact, that is more than empty words. **A true prayer practice impacts how we live each and every moment of every day.**